


SBRC Gym Schedule

AUGUST 16 - 31

	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday	
6:00am	Open Gym 6:00-9:00	Open Gym	Open Gym 6:00-9:00		Open Gym	Open Gym 6:00-12:00			
6:30am		Bootcamp 6:30-7:30			Bootcamp 6:30-7:30				
7:00am									
7:30am		Open Gym 7:30-8:50			Open Gym 7:30-8:50				
8:00am									
8:30am									
9:00am	Drop-in Carve 9:00-10:00	Drop-in Total Body Fit 8:50-9:50	Drop-in Carve 9:00-10:00		Drop-in Total Body Fit 8:50-9:50		Open Gym 8:00-2:00	Drop-in Wmns Vball 9:00- 11:00	Drop-in Adult Basketball 8:00-11:00
9:30am									
10:00am	Open Gym 10:00-12:00	Open Gym 10:00-11:30	Open Gym 10:00-12:00		Open Gym 10:00-11:30	Open Gym 11:00-2:00			
10:30am									
11:00am									
11:30am		Drop-in Adult Basketball 11:30-1:30			Drop-in Adult Basketball 11:30-1:30				
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00					Drop-in Sprts Conditioning 12:00-1:00	
12:30pm									
1:00pm	Open Gym 1:00-5:00		Drop-in Adult Bball 1:00- 2:30	Drop- in Pcklbl 1:30- 3:30			Drop-- in Snr Vball 1:30- 3:30		
1:30pm		Drop-in Pickleball 1:30-3:30							
2:00pm			Open Gym 1:00-5:00						
2:30pm									
3:00pm									
3:30pm		Open Gym 3:30-5:00			Open Gym 1:00-5:00				
4:00pm									
4:30pm				Open Gym 1:30-8:30					
5:00pm	Kickboxing 5:00-6:00	EXPAND Sports 5:00-7:30 8/26 only	Kickboxing 5:00-6:00		Drop-in Badminton 5:00-7:00				
5:30pm									
6:00pm	Open Gym 6:00-8:30			Open Gym 6:00-8:30					
6:30pm									
7:00pm									
7:30pm		Open Gym 7:30-8:30							
8:00pm				Trning 6:30- 8:00 8/21 only					
8:30pm									

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)